

# July 2011 Urbana Senior Center Meal Menu

301-600-7020

UrbanaSeniorCenter@FrederickCountyMD.gov

[www.FrederickCountyMD.gov/doa](http://www.FrederickCountyMD.gov/doa)

<i><b>Monday</b></i>	<i><b>Tuesday</b></i>	<i><b>Wednesday</b></i>	<i><b>Thursday</b></i>	<i><b>Friday</b></i>
<p>The meal is served at Noon. Reservations must be made at least 48 hours in advance.            \$4.80 per person per meal. Milk, juice, coffee, and tea, and bread are available each day. Menus are subject to change.</p>				
				<b>1</b>  <b>Center is Closed</b>
<b>4</b>  <b>Closed</b> <b>Enjoy the holiday</b>	<b>5</b> Mixed Salad Greens Lasagna Vegetable Cauliflower Pear Halves	<b>6</b> Roast Turkey Mashed Sweet Potatoes Sauerkraut Mélange of Vegetables Mandarin Oranges	<b>7</b> Carrot Raisin Salad Fish du Jour Au Gratin Potatoes Yellow Squash Sliced Peaches	<b>8</b>  <b>Center is Closed</b>
<b>11</b> Tomato Cucumber Salad BBQ Chicken on Roll Five Cheese Macaroni Roasted Zucchini Mandarin Oranges	<b>12</b> Turkey Chili Cornbread Peas Carrots Applesauce	<b>13</b> Cabbage & Bean Soup Corn & Barley Salad Beef Brisket with Gravy Mashed Potatoes Winter Vegetables Diced Fresh Fruit	<b>14</b> Spinach Salad Hawaiian Glazed Ham Roasted Sweet Potatoes Green Beans Applesauce	<b>15</b>  <b>Center is Closed</b>
<b>18</b> Mixed Salad Greens Beef Stew Roasted Squash Peaches with Cranberries	<b>19</b> Country Fried Steak Mashed Potatoes Sage Stuffing Southern Green Beans Mandarin Oranges	<b>20</b> <b>Brunch: Omelet Bar</b> Omelets made to order Other Brunch Items	<b>21</b> Chicken Pasta Casserole Peas Stewed Tomatoes Peaches	<b>22</b>  <b>Center is Closed</b>
<b>25</b> Cucumber Salad BBQ Pork on Roll Baked Beans Braised Cabbage Peach Slices	<b>26</b> Spaghetti with Meat Sauce Garlic Bread Steamed Asparagus Beets Fruit Cocktail	<b>27</b> Vegetable Tomato Soup Mushroom Quiche Carrots Pineapple Chunks	<b>28</b> Pickled Beet Salad Lemon Dill Cod Cakes Red Beans and Rice Mixed Vegetables Diced Fresh Fruit	<b>29</b>  <b>Center is Closed</b>